

# Nutrition Assessment Sample

## Food/Nutrition Related History

Meal intake 50% - 75% at most meals, doesn't eat supper often.  
Standard LTC diet, Minced texture, Regular fluids.  
Prefers small meals.  
Nursing reports skips dinner frequently.  
Some reports of prolonged swallow, coughing after some bites at lunch.  
MOS initiated.  
Needs encouragement at meals.

## Anthropometrics

BMI 22.8  
Weight loss, non-significant of 2.1 kg in 3/12  
Current BW 56.1 kg  
Height 157 cm  
UBW - 60-61 kg (last year)

## Biochemical

Na 142  
K 4.8  
Cl 108  
Urea 20.5 \*\*  
Cr 81  
eGFR 50 \*\*  
FBG 7.8 \*\*  
A1C 10.1% \*\*  
Uric Acid 260  
Fe 9 \*  
B12 252  
TSH 1.78  
\*\* = High, \* = Low

## Nutrition Focused Physical Findings

Mild/moderate fat and muscle wasting in clavicle, upper arms, no edema noted, sarcopenia.  
Maintains ability to walk with a 4ww. Enjoys sitting/resting, doesn't typically walk besides to meal times and activities.

## Client History

Family supportive, used to comes at meals to provide assistance but no longer allowed at meal times.  
No food avoidances.  
No religious preferences/beliefs affecting intake.

# Nutritional Evaluation Of Food Processing

**F Rizvi**



## **Nutritional Evaluation Of Food Processing:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Nutritional Evaluation Of Food Processing**

In some sort of inundated with screens and the cacophony of immediate connection, the profound energy and emotional resonance of verbal beauty frequently disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, located within the lyrical pages of **Nutritional Evaluation Of Food Processing**, a interesting work of fictional splendor that pulses with natural thoughts, lies an wonderful trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that magical opus manuals readers on a mental odyssey, delicately exposing the latent potential and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect its fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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